



## **2014 Wellness Program Accomplishments and Health Improvements**

### **1. Healthy Lifestyles Program**

- a. Increased Well-Being Assessment completion from 56% (5,543) in 2013 to 72% (7,098)**

### **2. Health Rewards Program**

- a. Implemented a new health promotion incentive program that rewards up to \$300 in Health Reimbursement Arrangement contributions or gift cards**
- b. Conducted 12 webinars for state employees with assistance from Anthem**
- c. Over 5,000 employees completed 13,760 Health Reward activities**
  - i. 3,544 Know Your Numbers (including Physician Fax Form)**
  - ii. 1,091 Employee Health Education Program Completions**
  - iii. 410 Fitness/Nutrition Program completions**
  - iv. 2,383 Preventive Care Visits**
  - v. 2,123 Flu Vaccinations Rewards**
  - vi. 4,209 Tobacco Free Rewards**

### **3. KYN Screenings and attendance**

- a. Conducted 72 screenings for employees in worksite ranging from Berlin to Portsmouth**
- b. 3,159 employees participated and received one-on-one health coaching with their results**
- c. At least 120 employees were found to have unhealthy numbers for either blood pressure or blood glucose and referred to PCP for follow up\***
- d. 99% indicated that their screening started within a reasonable time or earlier than their scheduled time**
- e. 97% were very satisfied with the professionalism of the examiners**
- f. 96% were very satisfied with the measurement aspect of the screening and examiners performance**
- g. 96% were very satisfied with the overall screening experience**
- h. 99.7% would recommend the examiner to someone else for the their screening**

- i. 99.7% would recommend this wellness program to someone else
- j. 92% were satisfied with the post-screening coaching session

**4. Governor's 90 Day Challenge (June – August)**

- a. 11,200 participants including state employees
- b. Worked with Division of State Parks to include free park access to select parks for participants to get their daily activity for Challenge

**5. Wellness Coordinator Trainings**

- a. Held four trainings providing information and worksite resources covering 14 topics ranging from office ergonomics to weight management
- b. Changed training venues to State agency locations and allowed time for agency wellness coordinator hosting to share success stories about employee engagement and worksite health promotion programs

**6. Anthem Worksite Presentations**

- a. Lisa Marzoli engaged employees at worksites in 73 events presenting on topics ranging from Healthy Aging to Heart Health

**7. Preventive Mailings**

- a. Mailed four post cards to employees educating them about the following topics and benefits:
  - i. Health Rewards Program
  - ii. Governor's 90 Day Physical Activity Challenge
  - iii. Flu Vaccination
  - iv. Tobacco Cessation

**8. Gym Benefit**

- a. 2,209 employees used the health club membership benefit
- b. 284 employees used the exercise equipment benefit
- c. 253 employees used the community health education reimbursement program

**9. Tobacco Cessation**

- a. 399 members used the smoking cessation benefit

**Anthem reported that a number of indicators regarding health improvement among members, which covers 28,669 lives state employees, under-65 retirees, and dependents, were reported in 2014. These indicators include:**

- Favorable distribution of health care dollars with good utilization of preventive and low cost medical services
- Emergency room visits decreased
- Prevalence rate for the top 5 chronic conditions (Low Back Pain, Hypertension, Hyperlipidemia, Depression, Diabetes) decreased 5.6%
- Adult Annual Well Visits and Adolescent Well Care increased
- Prevalence rates of the top 10 lifestyle conditions, including overweight/obesity, decreased 5.0%
- Members identified for ConditionCare disease management declined from 6,000 in 2013 to 5,010 in 2014
- Prevalence of diabetes declined from 6.6% in 2013 to 5.2% in 2014
- Prevalence of coronary artery disease declined from 2.2% in 2013 to 1.4% in 2014